

Your Rights Emergency Planning

What to Expect when you make an emergency plan

The Carers (Scotland) Act 2016

From April 2018, the Act means all Carers have the right to an Adult Carer Support Plan or Young Carer Statement. This adult Carer support plan must have information about whether the Carer has arrangements in place for the care of the person they care for in an emergency.

Writing these arrangements down is the emergency plan.

An emergency plan sets out all the practical arrangements for short term unplanned circumstances when the Carer is unable to fulfil their caring role.

What is an emergency plan?

It is a written document which lets people know what needs to be done to support the person you care for, if you are unable to carry out your caring role at short notice.

For example if you are being admitted to hospital or you have a personal incident or accident.

Why is an emergency plan important?

Having an emergency plan can help to prevent an emergency becoming a crisis.

It makes sure that all the information and knowledge you carry in your head about the person you care for is written down. This can be shared in an emergency, in order to help support that person.

Questioning Decision-making Campaigning Empowering

Who should I involve in the emergency plan?

Completing an emergency plan can help you to have conversations with your friends and family members about your caring role and provide the opportunity to check if and how they can help in an emergency.

Where possible, it is important to discuss the emergency plan with the person you care for to find out their views and wishes.

Completing an emergency plan can give you peace of mind and helps you feel reassured about what would happen in the event of an emergency.

How do I find out more about making an emergency plan?

Different arrangements for emergency planning are in place across Scotland.

A helpful starting point for more information is Enable Scotland's emergency planning toolkit which you can access on line.

www.enable.org.uk/emergencyplanning

What can I include in an emergency plan?

- Think about all the care and support that you provide
- It can help to think about a typical day.
- If your caring situation changes a lot over time think about what a good day and a bad day look like.

Emergency plans can

- Include details of the care and support you provide
- Outline the health needs and preferred routines
- Identify your emergency contacts

Think about who needs to have a copy of the plan

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